

Feeling anxious, burned-out or low?



an āyurvedic + yoga
guide to support *your*
nervous system

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A guide to understanding your nervous system - and how to support it (āyurvedically)

We don't all respond to stress and challenges the same way.

Our nervous systems may respond with anxiety and overwhelm, anger and frustration or feeling low and despondent.

In āyurveda, we honour these differences and imbalances, and this is why we find balance in *individual* ways.

There is no single magic pill, protocol, biohack, yoga sequence, or supplement that works for everyone.

We are all unique.

And this is what we explore in this guide...

Enjoy,

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The āyurvedic way

Āyurveda is a living science - and the Science of Life. It is an art, a medical science steeped in the culture and wisdom of India. Yet, it is current and applicable wherever you are in the World.

I created this guide because āyurveda was the missing puzzle in my yoga practice and yoga teaching. The language, principles and logic that make sense to me.

And not just in yoga - also in life.

In āyurveda, and yoga, we consider that everything is created by *Five Great Elements*. These are the basis of the three Doshas - or functional principles.

The doshas influence our minds and bodies. Including our nervous system response, our mental and emotional well-being.

Let's find your current influence of the doshas...



Step 1

- what's your current influence

Vata

- Feeling fearful or uneasy
- Experiencing anxious thoughts
- Trouble sleeping
- Easily overwhelmed
- Mind feels scattered or unfocused
- Tendency to overthink
- Highly sensitive (emotionally or physically)
- Nervous exhasution

Pitta

- Easily frustrated
- Prone to anger
- Irritable mood
- Reactive to situations
- Restlessness or agitation
- Strong urge to fix or control things
- Feeling overheated or flushed
- Feeling burned-out

Kapha

- Feeling low or down
- Depressive mood
- Brain fog or lack of clarity
- Sense of heaviness in body or mind
- Low energy / lethargy
- Lack of motivation
- Withdrawn
- Feeling stuck or stagnant

Calculate your current nervous system state:

Total Vata: _____

Total Pitta: _____

Total Kapha: _____

This may be a mix of the three doshas. So notice what is most dominant right now, what your tendencies are and what you feel you need support with this moment.

A woman with grey hair, wearing a light blue long-sleeved shirt, dark leggings, and green rubber boots, is leaning her back against the thick, textured trunk of a large tree. She is smiling and looking towards the camera. The tree trunk is covered in lichen and has a complex, gnarled structure. The background shows a clear blue sky and some bare tree branches.

Step 2

- support the current state of your nervous system response

Because we respond in unique ways, we need different ways to support our nervous systems.

In the following pages, we look at each *dosha* and what may alleviate any excess or imbalance.

Choose what suits you at this moment.

if it's mostly Vata...

Your nervous system is asking for:
grounding, warmth, routine,
nourishment



Yoga

- Reclined cobbler's/Goddess pose
- Supported Bridge Pose
- Seated Forward Fold
- legs-up-the-wall

Breath

- Nadi Shodhana (alternate nostril breathing)
- Slow, gentle breathing

Lifestyle

- Keep warm
- Slow down your pace
- Reduce stimulation (especially screens)

Nourishment

- Warm, cooked foods
- Soups, stews, and grounding meals
- Herbal teas with warming spices

Oil for self-massage (abhyanga)

- Sesame oil for self-massage

"I can slow down. I am safe to rest."

if it's mostly Pitta...

Your nervous system is asking for:
cooling, softening, calm, ease



Yoga

- Forward folds
- Gentle twists
- Moon salutations

Breath

- Sheetali or Sheetkari pranayama (cooling breath)
- Soft, cooling breath awareness

Lifestyle

- Spend time in nature, watch the horizon
- Avoid overheating (physically + mentally)
- Create space between tasks

Nourishment

- Cooling (not cold) foods
- Hydrating meals
- Gentle herbal support (e.g. brahmi)

Oil

- Coconut oil (especially on feet)

"I don't need to push or fix things. It is safe to cool down."

if it's mostly Kapha...

Your nervous system is asking for:
movement, stimulation, lightness,
motivation



Yoga

- Sun salutations
- Standing poses (Warrior variations)
- Dynamic, energising movement

Breath

- Kapalbhata or Skull-shining breath (if appropriate)
- More active breathing practices

Lifestyle

- Get outside for stimulating walks
- Uplifting music or environment

Nourishment

- Light, warming foods
- Spices and stimulating herbs

Oil

- Light use or dry brushing before showering

"I can begin with ease and compassion."

For all the doshas

No matter what you are experiencing, these can support you:

- Breath awareness
- Restful replenishing yoga
- Time away from screens
- Connection (to yourself, nature, others)
- Abhyanga (self-massage) is supportive for the nervous system, replenishing and nourishing

Come back to the dosha assessment, or listen to your Inner Wisdom, your truth, your body and energy - and the external environment... then you can adjust your yoga, pranayama and routine



Next step

Once we learn some of the basic āyurvedic principles, we can apply them to our yoga and in general

Join a class

This is what I share and what inspires my yoga classes and courses:

Āyurveda: The Sister Science of Yoga online course

Learn how Ayurvedic principles underpin yoga, giving you language, context, and confidence so you can practice and/or teach intelligently with the Wisdom of Ayurveda.

Open for yoga practitioners and yoga teachers [here](#)

online yoga classes

inspired by āyurveda here in the [online studio](#)

Nervous system workshop

Recorded live, incorporating the doshas in your yoga. Theroy + yoga practice [here](#)

About Anja



Anja is a yoga teacher and āyurvedic practitioner with a special interest in supporting the nervous system, women's health and the transitions of life - including perimenopause. She is the author of Teaching Yoga for the Menstrual Cycle - an āyurvedic approach.

Her teaching weaves together yoga, breath, rest and āyurveda in a way that is practical and supportive of real life for real people.

Having experienced her own tendencies towards anxiety, overwhelm and overthinking, she is passionate about helping others understand their unique patterns — and find ways to feel more grounded, nourished and at ease in their body.

She shares this work through her Online Yoga Studio, courses and workshops, alongside life with her special needs rescue dog Alfie.

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